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MODERN METHODS OF INFANT WELFARE AND FEEDING

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OCT 1955

NOTES FOR MOTHERS

From Lectures

BY

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MADRAS

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The Author has had many years of experience with children in different parts of India, and is an extremely knowledgeable Mother and practical dietician. She gave recently in simple language several Practical Courses for Nurses, Midwives and Health Visitors at the Government Training School, instructing them in the need to reach out and train Mothers, in a practical way in a language they can understand.

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FOREWORD

The theory of these notes has been checked for India by highly qualified men and women including Doctors, Matrons and Nurses, Indian, British and Australian, and comprise as they stated "all the facts which a pregnant woman should know, but which no Doctor has time to teach her."

The talks are written for Mothers to read; and are suitable also to be read or delivered as lectures by any medically qualified person, at all Schools of Nursing, Maternity and Infant Welfare Centres and at all places engaged in Public or Private training of Nurses and Mothers.

At each lecture one of the Diagrams or Patterns should be demonstrated.

I should like to thank all the Authorities from whom I have gathered my knowledge, and adapted for India; also my four guinea-pigs, Usha and my three sons, John, David and Paul; and specially are my thanks due to Dr. (Mrs.) H. M. Sharma, Honorary Director, Maternity and Child Welfare of the Indian Red Cross Society, Madras.

MADRAS,
1st July 1955.

J. WHITE.

MODERN METHODS

OF

INFANT WELFARE AND FEEDING

INTRODUCTORY

Motto : Prevention is better than cure

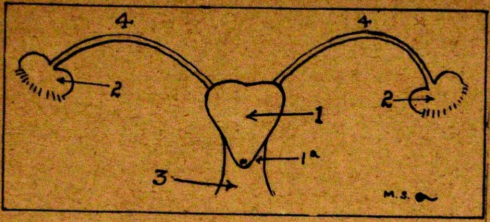
For many thousands of years Doctors and Nurses have spent their lives trying to cure or keep alive sick people. It is only in recent years people are realising that prevention of illness is the **better way.** The Motto of these lectures is "**Prevention is better than cure.**"

The profession you are about to begin is more than a profession-it is a Mission - The Mothering of India. You will experience in your work every kind of difficulty and above all great malnutrition, but even malnutrition, I have found, can be halved by knowledge and encouragement as against ignorance.

The well-informed Mother of a family influences many people, and Midwives influence thousands during the course of their careers. Smaller healthy families should be the aim of parents in India - until there is sufficient food for all, so that the New Generation of India should think of Health as a normal state.

STUDY DIAGRAM I. THE WOMB, ETC.

CONCEPTION : How Baby is formed.



No. 1. Womb or uterus
1 a. Mouth of womb
2. Ovaries
3. Vagina
4. Fallopian Tubes.
M. S. Male Sperm magnified

This is the Womb or Uterus "1". It is a pear-shaped organ, capable of great expansion. Here at "1a" is the mouth leading into the Vagina, wich is the passage, into which the husband's sperms are released during connection. 2 & 2 are the Ovaries They are small almost kidney shaped organs. These Ovaries are connected to the top of the Uterus or womb by the Fallopian tubes. Every month the Ovaries release at least one egg, which is smaller than the point of a pin head. This egg is released during emotional excitement or comes away with the monthly period.

The husband at each ejaculation releases enough Sperms to populate a large City if they could all mature. A Sperm is very much smaller than the female egg. It is like a tadpole with a head and a tail. It swims a long way for such a tiny organism, up through the Vagina and Uterus and meets the female Egg in the Fallopian tubes where Conception or "fertilisation" of the female egg takes place. Within a fortnight that fertilised egg or tadpole-like organism passes down into the uterus and buries its head in the walls of the uterus, there to remain developing into the baby until it is born 282 days after conception

THE EMBRYO AND DEVELOPING CHILD:

For 10 (lunar) months or 282 days, the baby relies entirely on the Mother to get the material from which its body is built. Seven months before birth the teeth are already in the gums. Calcium is needed by the mother to form the bones and teeth, although the teeth

do not appear through the gums until six months after birth. The first law when dealing with a Mother and especially baby, is that "Prevention is much better than Cure."

HEALTH OF THE MOTHER

Birth is a natural and normal event and not an illness. Do not listen to old wives tale at this time. Some mothers are less liable to colds and small illness etc., during pregnancy than at any other time. The mother-to-be must do all she can to help her health and that of the coming baby. A house needs proper foundations for it to be satisfactory, and the mother is building a baby and its foundations of health for the rest of its life.

1) Fresh Air: She must have fresh air night and day. Our lungs give off poisons; therefore we must have ventilation at night, an outlet and inlet into the room where she sleeps is necessary. (The crack of a door or window.) She should spend plenty of time in the open air.

2) Exercise: Exercise will get rid of wind and is most important to keep the body functions in good working order. Mothers should do all things they are used to, but try not to get over tired and not lift heavy weights or stretch for high things. If she has to get things from a high shelf, she should climb on a box, and make her work as easy as possible. She should see friends, have cheerful company to talk to, with those she is fond of, but she should not talk about her or their health. Go and talk to a Health Visitor or a doctor about that, and then try forget it as long as possible.

3) Clothing of Mothers: As the baby grows, the skin stretches over the abdominal wall, rubbing with oil prevents scars. The mother should wear no tight bands around her waist. At six months some mothers need a binder.

A straight piece of strong material (drill) with two long straps and 8 safety pins is all that is needed.

Demonstration: To put on, lie down on the floor and fix a piece of strong material with 8 safety pins. The lower part should be quite tight when pinned. The upper part, the mother should be able to place her hand inside before she pins it, giving room for the baby to enlarge. The mother will find it more comfortable if two straps are pinned as shoulder-straps. Size of binder (14 inches x by size of hips) 1¼ yds. drill 27 inches wide. Straps 2" wide.

STUDY DIAGRAM 2.

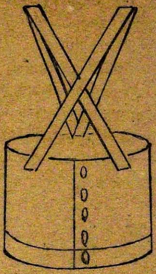
MATERNITY BINDER

Requirements :

1¼ to 1½ yds of drill 27" width makes a good binder.

Size 14" x size of hips.

For straps, if required, 2" wide webbing or strong tape about 1½" wide should be sufficient.



4) **Diet** : Whatever the mother is used to, she may eat, but avoid windy foods. Also anything the mother finds indigestible must be avoided. No food must be too highly flavoured. Vegetables and fruit will help the bowels if constipated, especially spinach or palak (Pasala keerai). There is no need for a mother to over-eat and she should not eat rich food. Mothers get ideas about food and at these times, do not give way to silly ideas or eat only one kind of food because of superstitions. Tea and Coffee should be weak and fresh. Plenty of good water is necessary for the assimilation of food all over the body, and getting rid of waste and bad matter for mother and child. Sweet lime or orange juice every day is excellent, and Calcium with Vit. D e.g., Ostocal., are the only extras essential for normal mothers. The best natural sources of Calcium are milk, leaves of Amaranth (or Thandu keerai and Challiki-dandee) or Fenugreek or (Vendi keerai menthi). Drumstick (Murungakeerai)

5) **Constipation** : A daily stool is needed to get rid of poisons and it is better to form this good habit early in pregnancy. As the child grows there is pressure,; so try to establish the habit early. A glass of hot water taken the first thing in the morning on awakening will help. Exercise will also help such as walking, not only house work. If constipated, take liquid paraffin or herb medicines or ask the doctor (Senna pods, Glycerhiza powder are good, Castor oil is very bad).

6) Urine tests: Every woman should have her urine tested especially if mother has symptoms and if she is not quite allright.

7) Cracked or painful nipples: Early in pregnancy the mother should gently pull her nipples out, rolling them between finger and thumb. If she can afford it, she should buy one piece of superfatted good soap and a nail brush. When she takes a bath she should gently scrub her nipples, for a few minutes every day. This is a natural way of hardening them before the continual sucking of baby starts and in this way she will avoid sore nipples. Two months before the birth of baby it is a good plan to douche the breasts alternatively with hot and cold water. This will produce plenty of milk. If you cannot get a brush, a clean rough towel may be used instead, but rub the nipple quite hard especially for the last two months of pregnancy.

8) Teeth: Bad teeth cause indigestion and worse illness. Ask the doctor about them or see a dentist. Every pregnant woman should see a doctor especially before her first baby is born.

9) Bath: The mother should take a bath every day or wash all over. A cold bath is excellent.

10) Ante-Natal attitude of mother is the most important factor. A healthy minded, happy woman is able to relax when opportunity occurs and has little trouble during pregnancy or child birth, especially if she is calm and confident.

BABY CLOTHES

Requirements:

4 vests or banians. (A cotton vest is preferable next to a baby's skin; not wool, as most babies will get an irritated skin or prickly heat if wool is put next to their skin).

3 Frocks or little shirts.
2 Small coats (flannel or knitted).
3 Night gowns or Banian's for night use.

2 Light weight shawls, Binnys flannels.
(or Kashmir shawls 8' x 4' makes beautiful shawls if cut in ½, and makes good blankets later).

1 Plastic bib

2 Doz napkins of absorbent cloth. (size 34"x27").

1 or 2 mackintosh or plastic sheet for bed, and pram.

These must always be covered and not put next to baby's skin. If not it will cause prickly heat.

2 Crepe bandages 2½" wide for cord dressing.

STUDY DIAGRAM 3.

BABY'S SET OF CLOTHES

Demonstrate (NEWSPAPER) patterns ABCDE

A Set of Baby Clothes:

Dress
Petticoat or Sun Suit.
Vest
Napkins
Shoes or Bootees
Head flannel, or Shawl (made of Binny's flannel)

Figures:

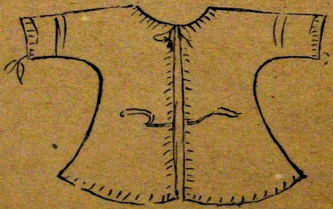
1. Patterns to cut Figures A,B,C,D,E.
2. Scissors.
3. Newspaper to cut new patterns for mothers to keep.

Figures:—

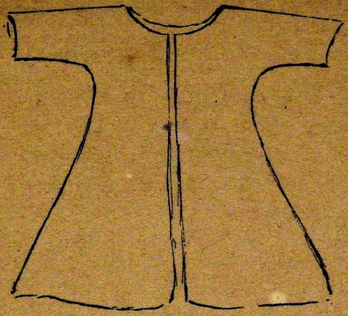
A - B - C - D - E.

A. **FROCK PETTICOAT OR COAT.**

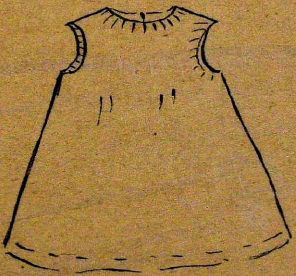
(Newspaper) Pattern, size suitable from birth to 18 months.



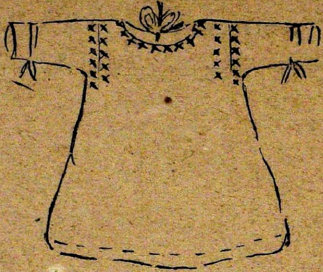
B. DRESS ABOUT 23" LONG



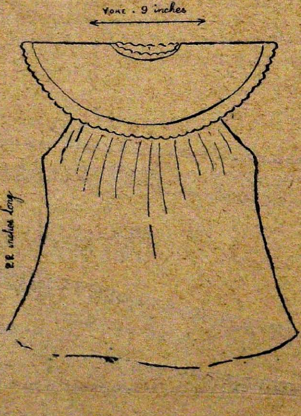
C. SUN SUIT OR PETTICOAT:
GOOD FOR HOT WEATHER AS DRESS



D. COAT WITH COLOURED BLANKET STITCH
(Binny's Flannel is Best)



E. SMALL FROCK WITH YOKE 9". LENGTH 22"

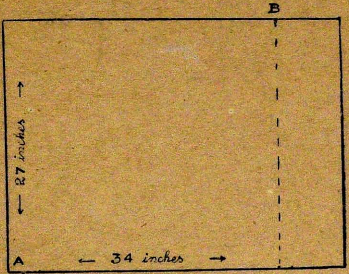


STUDY DIAGRAM 4.

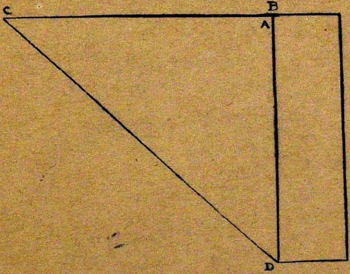
BABY'S NAPKIN

Figures :—
1, 2, 3, 4, 5; 6.

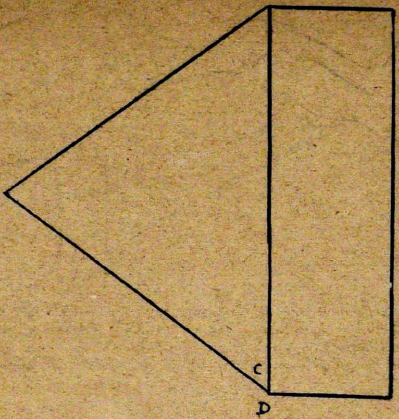
FOLD CORNER A TO B.



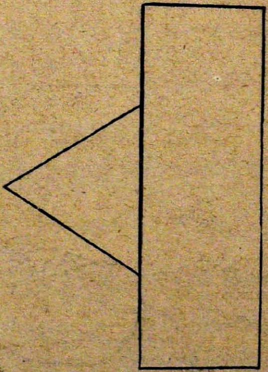
Every mother should try to get at least a few napkins and 2½ dozens would be very useful to start with. They must be made of the most absorbent material like mull which is very good. If the napkins are of a double thickness of mull and are the correct size 34" x 27" and are folded correctly, they will serve mother endless washing of bed clothes and sarees, and baby will avoid the danger of flies carrying many germs sitting on him and complaints such as Diarrhoea etc which usually follow. Triangular **napkins are no good.**

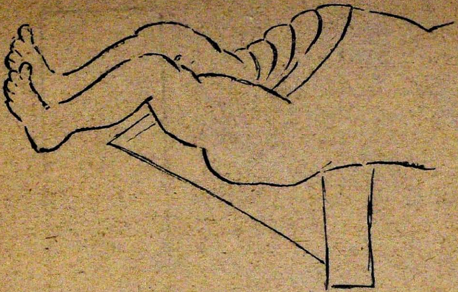


NOW FOLD B TO D.



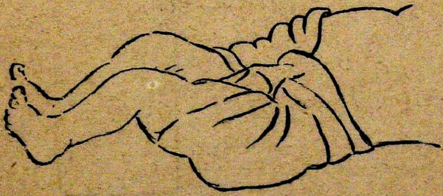
NOW FOLD THE FLAPS OVER AS IN DIAGRAMS 3 & 4





Place the napkin under baby and fold the two ends **x** & **x** over and down between legs, then bring the point P up between the legs, and placing the left hand between napkin and baby (so that you do not prick him) pin firmly in place with a large safety pin **across** the baby.

NAPKIN PROPERLY PUT ON.



LABOUR

There are three stages. **The first stage,** the pains come about every 20 minutes, getting quicker, until they come about every 3 minutes. If the mother should get pains she should time them by the Clock. Sometimes a mother will get what are called "false pains." These as a rule are not regular, or are regular for three or four times, and then irregular. If they continue for some time and are becoming quicker, she should inform or call the doctor or Midwife, or go to the hospital. Do this soon rather than late. Each baby a woman has, comes quicker than the former one.

The second stage of labour are the pressing down pains, and the actual birth pains. The mother should keep calm and do whatever the nurse or doctor tells her, and always remember that "millions of babies have been born before". If you are well delivered by some one who understands the job, you will be less torn, and less liable to complications in future pregnancy or abortions.

The Third stage of labour... The coming away of the "after birth".

Nearly all babies are born healthy. They are usually well covered and pinky-brown and very wonderful, being so complete and perfect. How sad then at two or three months of age these same infants are so often puny, fretful, and sometimes below birth-weight, rich and poor alike. Why is this? It is ignorance and wrong feeding as a rule. Sometimes the failure of the mother to feed because she does not want to, or does not understand some small difficulty which can be helped so much by some one qualified such as a nurse or doctor. Ninety out of a hundred mothers can feed their babies. In a normal mother the quality is never lacking. Sometimes the quantity is, but this can be supplemented.

THE NEW BABY

Directly after the birth the mother should have a cup of tea with plenty of sugar in it. She should be made comfortable, and both she and her baby should be allowed to sleep as long as possible.

STUDY DIAGRAM 5.

BABY'S BED.

If possible baby should have a separate cot (or a large long Vegetable Basket will do). It should be 28'' long.

Baby should have :—

1 **Mattress** made of drill or cotton filled with Chaff or Cut up hay or straw.

1 **Mackintosh** Sheet to fit the mattress.

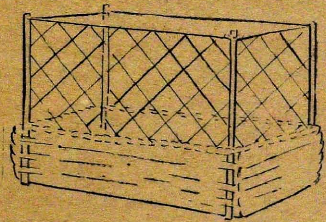
2 **Flannelethe under blankets** or napkins can be used.

2 **Top Sheets.**

2 **Blankets** (Binny's flannel shawl will do well)

Baby's Cot should be placed when possible off the ground, and under a net if mosquitos are about. A good plan is either to place the Cot on a large bed with a large mosquito net on it as this gives more air for baby to breathe. Do **remember** his tiny nose is often rather blocked and he requires more air to breathe easily than an adult because of this. If this is not possible, 4 Bamboo Sticks should be placed at the corner of the Basket or Cot and a net tied to these as shown in the diagram below.

BASKET WITH POLES.



BABY'S BED DEMONSTRATION

In the first 24 hours the baby should be put to the breast for a few minutes only, and then every four hours each day, with a long break in the night, say from 10 p.m. until four or five O' Clock in the morning. If you train your baby like this for one week, it will very rarely awake during the night. If the baby should wake, it should be turned over, its wet things removed, given a little tepid water and left to itself. If it does not settle, the breast may be given after about 2 O' Clock in the night. But in that case, it must wait longer for its next feed. The feed should be given at 6, 10, 2, 6, 10. If a feed is

given during the night it is in place of the 6 O' Clock morning feed and the baby should wait for the 10 O' Clock feed or until at least 9 O' Clock. Always remember **it does babies no harm to cry**, do not listen to the "Old wives tale" that it will hurt a boy baby to cry. It is quite incorrect. Crying is a way of enlarging the baby's lungs, and many infants that have died of Tuberculosis after pneumonia do so because the lungs have never properly enlarged.

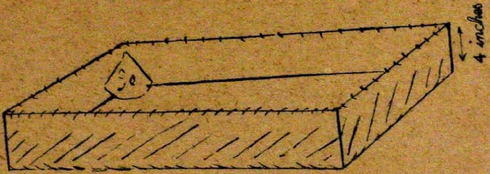
BATHING BABY - MODERN METHOD

Needed for demonstration

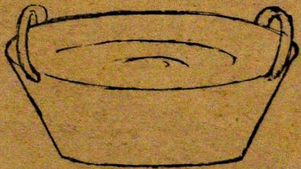
Tray for clean set of clothes
A small jar or jam pot for Boric powder
Small swabs for eyes.
Soap on saucer.
3 pieces of lint for washing
Cotton bag about 12 inches x 18" for dry cotton wool.
Cream Pot for oil, and bottle of oil.
Safety pins on Cushion.
Argyrol Eye drops and dropper.
Crepe Bandage for Coud.
Borated Baby Powder
(These articles above are best kept in a Tray)

TRAY

Made of basket or wood 16" x 12" depth 4"



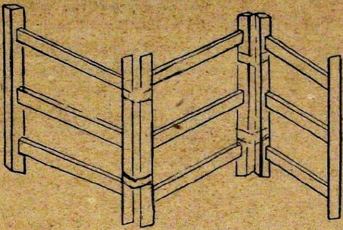
2 Towels and an apron.
2 Jugs - 1 hot and 1 cold water placed near Baby's pot.



Baby's Bath (or a large Bowl or Basin)

DIAGRAM 7.

TOWEL HORSE



Towel Horse with Web-Hinges, suitable to dry clothes and to act as a screen.

At a convenient time for the mother, the baby must be bathed, or washed all over. This is best done with warm water, until baby is six months. Baby's behind should be wiped with oiled cotton, if it is sore, instead of washing. Gram flour is excellent for washing babies and cheaper than using soap. Baby's private parts must be washed twice a day.

FEEDING

4 reasons why mother's milk is best

1. It is graduated to baby's needs.
2. It is handy.
3. It is clean and cheap.
4. " The cat cannot get at it. "

At first the breasts secrete a clear liquid called colostrum. Baby passes during the first few days many liquid black stools which stain clothing very much. The sucking of the breasts helps the milk to come in, but not more than a few minutes should be allowed at the breasts at first, as long sucking of a strong sucker, early, on an empty breast before the milk comes in, will cause sore nipples and worse. Also, later, a baby refuses to take the breast, being tired of sucking an empty one. The time of feeding can be increased to ten minutes at each breast after the 1st week. All babies get more than three quarters of their feed in the first five minutes, and after that they get wind only, and sucking an empty breast can start the bad habit of wanting to suck all the time when they feel like it.

Regular feeding makes for good digestion. We are the same in this. You know yourselves a large meal taken at the wrong time of day and more food soon afterwards causes us great discomfort.

The breasts must be washed with boiled warm water before and after feeds and dried well. Absolute cleanliness of the breasts especially during fhe first month is absolutely necessary as a crack in the nipple will become an abscess, one of the most painful things imaginable, if left without proper treatment. If a breast should become sore, the baby should be fed from the other breast for one or two feeds, and the sore nipple painted with Friar's Balsam which any Chemist or Doctor will give you. It will heal at once, if treated at once. The milk does not come until about the third day as a rule. or even perhaps the fifth day. If the milk is slow in coming, the mother msut drink as much water as possible, and a small bottle of unsweetened milk feed, can be given to the Baby. It takes some weeks for the mother and baby to settle on a steady feeding programme. A good plan is to take at least a glass of water before feeding times. This habit should continue throughout the nursing period. If possible, the mother should have a cup of milk and water extra to her diet twice during the 24 hours. Her bowels must be kept open and if the mother is constipated, the baby will be. If the baby is constipated the mother should take one of the types of medicines which will be secreted in the milk, such as Senna or Glyceriza powders or fruit. The baby **should not be given medicine direct,** it should never be necessary to use the old fashioned methods of giving the baby medicines such as castor oil, or the use of a soap stick, applied. Milk of magnesia if absolutely necessary can be given to baby. After the first few days, a normal baby's stool is a yellow mustard colour and the consistency of thick cream.

If the mother has plenty of milk in her breasts, the baby often vomits in the middle, or after feeds. If the vomit is more than a mouthful, great care must be taken or the baby will lose weight. The milk flows very quickly from the breasts once it is started by a sucking baby, the baby gets great gulps of milk which nearly choke it, it gulps down wind at the same time and then up it all comes. The mother should press the nipple between the second and third fingers, and hold back the milk somewhat, especially at the beginning of the feeding, on each breast, and give the breasts for a shorter time. It is better for the baby to get into the habit of keeping down a small feed

for one or two feeds and then increase up to 7 minutes each side again, when the habit of vomiting is stopped.

OVER FEEDING:

Demonstrate Bottling and Feeding Baby at Breast

In England, most breast-fed babies are overfed.

Signs of overfeeding:

1. Too many motions, more than three a day, after first week. First yellow and relaxed, later if over feeding continues, they become green and watery.
2. Infant vomits between feeds.
3. Often baby gains too much, more than half a pound a week, and then loses weight rapidly as vomiting and loose stools start.

People say the milk does not agree with the baby, which is entirely wrong. In all the tests done in the London Clinic (London) not one healthy woman's milk was wrong in quality, but wrong in quantity sometimes.

TREATMENT:

Give feeds at longer intervals. Give two spoons of warm boiled water just before each feed. Limit time at breast. If motions are watery and green, give one teaspoon of castor oil or Castor oil emulsion and one feed of plain water only.

Under feeding—Signs

1. Fretfulness and crying.
2. No gain in weight.
3. Probably constipated or very small stools (A constipated baby's stool is hard to the touch)

A baby is not necessarily constipated if it passes only one stool every other day, as long as the stool is of the correct consistency.

Treatment: Test weigh in some way. Come to the Centre and weigh your baby, then feed it, and weigh it again after the feed. Give a little artificial feed, but not too sweet.

2. The mother should squeeze out between fingers and thumb any milk which remains and thus strip the breast. Some babies cannot take all, and thus clear the breast as some breasts are difficult to suck at. The more milk is taken from the breast, the more will be secreted.

3. Hot and cold sponging twice a day of the breasts. Get one bowl of hot water and one bowl of cold water and alternately douche the breasts. Be quick between the bowls.

Drink more liquid. Rest and be lazy if possible and tell your family that it is cheaper and better to give the mother a little extra milk now, and so help her to feed the baby well, for all the following nine months. You must try not to worry. Enjoy feeding your baby as much as possible.

Mothers sometimes think bacause the milk runs from the breast in between feeds, there must be plenty of milk. It is not correct. It is more usually caused by lack of tone in the breast which nature meant to be bare to the sun and air.

Engorged Breasts :- The only reason for a mother to take less fluid is, when the milk first comes in, if the breasts are hard and inflamed, in which case, take less fluid only, until they are better, and support them well with a binder or a bodice. A small dose of salts for a few mornings. If the breast is painful, hot fomentation may be used, but it is best to ask a Doctor.

Menstruation :- Some women have periods regularly while feeding the baby but this is no reason to stop feeding the baby. In most cases the milk is not affected. In a few cases the baby gets a little upset for a few days.

Baby refusing to suck the breast—reasons

1. Empty breasts.
2. Thrush (sore white spots in the mouth) Wipe with Borax and Glycerine or Methyl Blue.
3. Catarrh or cold-blocked nose. The nose should be cleaned with cotton wool before feeding.
4. Too sweet a complementary feed being given, and baby will not bother to suck the breast.

Sucking the breast makes the milk come in. Do not feel you can save up a feed in the breast, it is the reverse. You should feed your babies, on breast milk entirely until they weigh 12 lbs, or until they are six months, when it is far better for mother and baby to start mixed feeding gradually, and baby will learn how to eat when given other things as well as the breasts. At this age, five or six months, a baby will enjoy new things and changes in diet, but by nine

months, they are very obstinate naughty, and difficult to handle, as they think the best thing in life is mummy's breasts, and will fight for it.

Start them gradually with tiny quantities (i.e.) a teaspoonful on a modified diet like your own. You must avoid at first all roughage, that is stringy things because they make the baby have too many stools. You must give no hot stuff. A little salt and up to 6 spoons of sugar a day are the only flavouring needed.

Artificial feeding : If the mother is unable to feed either from birth or after a few months, baby must have a bottle. Mothers must remember it is their chief duty with a tiny baby to trv and feed by the breast, even if only for a week. A few weeks of breast feeding, may establish for lifetime a **good digestion**, and a **calm temperament**, and a **resistance to diseases**, the three foundation stones to a healthy baby and a happy child.

If the mother is able to feed for as long as four months it is much easier to put the baby on to cup and spoonfeeding. A small jug with a lip will help the mother a great deal. If the baby is younger a bottle must be given. Remember, it is not necessary to waste your money on a pukka baby's bottle. Any bottle roughly of the right size will do as long as it is the right size to fit a normal teat. Remember, if the bottle is without a hole or valve at the opposite end to the teat, as some patent types are, as baby sucks, you will see a bubble of air passing through the milk mixture. If this stops, or the teat is flat, the baby can no longer suck the mixture, you must take the bottle from baby's mouth for a second, to allow air to pass into the bottle, as it is impossible to suck milk out at all unless there is a little air in the bottle, which allows it to flow. The bottle must be kept quite clean and rinsed with boiled water.

Baby's Feeding utensils : The best way to keep baby's things for his feeds is to take a decksha or enamel bowl about nine inches across, with a lid or a plate to put on top. Fill this with water once a day, and boil up baby's bottle, spoon and all things used for his feed except the bottle teat. Put this to one side. If it

is slimy, it should be rubbed with salt, rinsed out in boiled water and stood up on the plate on top of the deckshа. It is better not to boil it, as the hole will become very large if it is boiled. Cover this with a cup or muslin. The muslin may also be boiled every 24 hours when the mother boils baby's things. The deckshа may be kept full of the water in which the things have been boiled until the next time of boiling. This water is sterile and may be used if baby requires a drink of water. Care must be taken that the mother does not put her hand into the water if she is using it for drinking.

Quantities of food : A baby requires 2½ ounces of milk mixture, to each pound of its body weight, in 24 hours, divided into 5 feeds. These quantities include tinned milk, or any other kind than breast milk. A baby requires a little less breast milk than other milk the quantity being 2¼ ounces per pound body weight, e.g. Bottle fed baby of 6 pounds at birth wants six multiplied by two and a half (6 x 2½ = 15 ounces) in the 24 hours. Of course as baby's weight increases and he should gain at least 4 oz a week the food must be increased too, gradually, always being worked on the 2½ oz per pound body weight. Some babies may take a little more or a little less.

BOTTLE FED BABY - Artificial feeding.

The Feed : Milk, diluted with boiled water and a little sugar ; cows (goats or Buffalos) milk can be given. To start, two parts water, to one part milk, and one spoon of sugar for each feed. Sodium citrate, sodium Bicarbonate or milk or Magnesia will help baby to digest the curd of cow's milk. Give for first few weeks. End of first week, equal parts of milk and water and at six months whole cow's milk can be given. Work up to 6 teaspoonfuls of sugar per day at six months. During the first few days, three or four feeds only should be given. After four days, six feeds or three hourly feeding should be done for the 1st month. After this, reduce to five feeds daily. This number should be given until nine months or a year. But as well as this, after six months, mixed feeding should gradually be started. All milk must be boiled and all utensils used in feeding should be boiled also, in clean water. A

few drops of fruit juice must be given to an artificially fed baby at 3 weeks, and at two months two or three spoonfuls should be given daily. This may be started as early as three weeks, giving half a teaspoonful of fruit juice, such as orange or tomato, and half tea-spoon boiled water with it. Codliver oil, two drops a day from the 15th day increased gradually to one teaspoonful by the end of the second month. If baby is allowed to be exposed to the sun for half an hour after the sun rises or for half an hour before the sun sets, it will not require as much of any codliver oil, which is Vitamin D, and is found in Codliver oil, shark oil, which is cheapest, and best of all in Radiostrolum or Ostolin.

Premature or sickly children are helped by iron. Children fed only on milk for more than nine months get anaemic. This can be helped by giving iron, but mixed feeding should have been started at 6 months in which case this will not occur. People all over the world have an idea that milk out of a tin is best. This is incorrect. If cow's or goat's milk is boiled these are far better to give. These are natural milks for the young of animals. They are difficult to adapt, but if adopted are far better than the tinned milks. No child can be fed properly on tinned milk alone or any form of milk except mother's milk without great danger. Certain forms of blindness can be caused, also anaemic (this means lack of good blood) many skin troubles, and worst of all lack of resistance to germs and disease. A breast-fed baby gets immunity to very many diseases which the mother has had herself, and resistance against others.

WEANING

Weaning means changing a baby from **an only milk diet,** to a mixed diet, usually a modified diet of its parents. The general rules are the same, whether it has been a Breast or Bottle fed baby. Now if a mother is wise she will have given her baby his water and orange juice from a cup and spoon from birth, as this teaches the baby how to drink. Baby from birth should be offered 2 or 3 times a day a drink of plain boiled water, at 3 weeks he should be given, orange, sweet lime or tomato juice, to drink once a day, starting

half a teaspoonful, mixed with the same amount of water and a little sugar. If baby is bottle fed he must have this as early as possible, if breast fed it can be left until a little later. At 4 or 5 months give rusk or a bone to chew. When a baby reaches 14 lbs or 6 months he requires 35 oz of milk. Mothers cannot secrete this without detriment to their own health. Something more concentrated is required as the baby's stomach connot take more in bulk.

General Rules: Always start if possible weaning in **cooler** weather and when baby is fit (ie, perfectly well). Always give new food in **tiny quantities,** for the first 2 or 3 days watching the effect on baby and his stool. If a particular food does not seem to agree, stop it for a week or 10 days and try again, meanwhile try **some other food.**

Baby's first proper meal: At the 'baby feed', during the first half of the day, that he will have his chief food when on his parent's diet, start your baby on one to two table spoons of vegetable or bone soup. Give this before the breast-feed or the milk. The broth should be given by spoon. If baby has been bottle-fed it is easier to start a few weeks before you wean him, training him to take some of his milk from a cup. A small vessel with a lip is best and then after his soup, give this meal or milk, by cup or spoon as he will require less, (because he will be more satisfied after his soup). If this meal is given at 2 O' Clock afternoon feed, continue this for one week; then give for one week at the same meal a starchy food such as suji, semolina (ravai) or ground rice, made with 2 oz milk and water sweetened with sugar slightly. All cereals must be cooked for a very long time. When you are satisfied baby is digesting this, at say 3rd week, give cereal at first meal in the day, and broth at the middle, and another cereal meal in the evening, i.e., 10.0, 2.0 and 6. Baby needs ½ to ¾ cup of cereals made of 2 oz. milk and some water, and followed by 6 oz. milk to drink, and upto two table spoons of vegetable or mutton broth, which can shortly be thickened with mashed potato, carrot or other vegetable followed by 4-6 oz. of milk.

On the first day of each of these new foods do not give more than 2 or 3 teaspoons although baby will probably fight for more. If he spits it out, it is not because he does not like it, but he does not know yet how to eat. Do not put off mixed feeding because of this, or think he will be more clevcr the later you leave weaning, because he always has to learn to feed, and will certainly make as much mess, perhaps more, as his hands will join in too, later on, and he may then spit it out for fun, and his resentment at not getting just what he wants grows every month stronger. Often if the mother has a bother in giving the first feeds, a different person will have none, as baby will not keep nuzzling for mummy's breast.

You can add first ; cereal, such as semolina or arta (cooked 2 hours) in sujie form, or vegetable soup. If your baby has a tendency to have loose stools, give cereals first ; if constipated, baby should have vegetable or bone-broth first.

Chart on the Routine of Weaning from only Milk to Mixed Foods

1st day	2 p.m. feed - Mother gives Vegetable Soup and then Breast or the milk mixture.
8th day	Mother stops 2 p.m. feed and gives Vegetable Soup, then milk mixture only (Water half and half) 4 to 6 ounces (i.e.) 1½ Ollocks.
15th day	Mother stops 2 p.m. & 6 p.m. feeds, and gives at 2 p.m. Vegetable Soup and then milk mixture (4-6 ounces) 6 p.m. milk mixture (7 ounces)
18th day	At 10 a.m. give Cereal (which is cooked for 2 hours) such as Semolina or arta, and then milk mixture (4–6 ounces) 2 p.m. Soup and then milk (4-6 ounces) 6 p.m. Milk or milk mixture (7 ounces)
21st day	Mother Stops 10 a.m. feed and gives Cereals and 2 p.m. Soup and then milk (4–6 ounces) 6 p.m. Milk (7 ounces)

24th day See how things go, then stop 10 p.m. feed, and cut out this feed altogether, as baby should sleep throughout the night.

27th day Mother stops 6 a.m. Feed.

Meals for the day are as follows :

7 a.m. Orange or fruit juice with water and Sugar.

10 a.m. Cereal, then milk mixture (4 to 6 oz.)
2 p.m. Soup ,, ,, (4 to 6 ,,)
6 p.m. Cereal ,, ,, (4 to 6 ,,)

No food after this.

Also one or 2 twice baked rusks or toast crumbs
Add as many of the following as possible to the above diet:

Mashed Vegetable (strings, skins, and pips must be removed)

Mashed Carrots.

Mashed Potatoes or Cauliflower.

Apricot and Tomato, puree, Yolk of egg ; Spinach when added should be mixed with other mashed vegetables.

Apple puree (Dried or fresh)

Jelly, mashed Bannana

Bread, butter, honey.

Sponge, biscuits,

6 to 8 tea spoons sugar a day should be included.

As soon as baby can digest and is used to the new things at about 3 weeks from start, make his diet as mixed as possible, gradually ; especially give 2 different cereals such as arta cooked for 2 hours in morning, and semolina in evening ; or arta morning and ground rice or sago evening or cornflour.

All babies milk & food should be blood heat, that is warm but not hot. If the milk is cold, put the correct amount of mixture in the bottle and then stand the bottle in a bowl of very hot water for some minutes as illustrated.

WEIGHT CHART

NAME........................ DATE OF BIRTH WEIGHT AT BIRTH

Date	Weight		Gain in Weight		Type of Feeding		
	lbs	ozs	lbs	ozs	Breast	Bottle	Other Foods

71413
L9C:15
N55

NOTE :

From birth whether breast, bottle and on mixed feeding until a baby is able to move about, and sit up, mother *must hold him in an upright position* for 5 minutes, half way through all feeds, and at the end, so as to allow baby to bring up wind.

NORMAL INFANT AND MANAGEMENT

Early development of a normal Infant

Weight at birth : The average weight in India is between 6–7 lbs. A normal baby loses 8-10 ozs of its weight during the first few days and returns to the birth weight at about the 10th day. During the first 4 months there should be a steady gain of 4 ozs or more per week. Baby should double birth weight at 6 months. From 6 to 12 months the average gain should be about 1 lb every month. The normal Baby should weigh about 18 lbs at one year. General condition and development is more important than actual weight.

Average gain during the 1st year is about 11 or 12 lbs.
Average gain during the 2nd year is about 5 lbs.
Average gain during the 3rd year is ab… ½ lbs.
Average gain during the 4th y… about 4 lbs.

WE…HT CHART

Stools : During the first … two days the baby will pass black stools, a … sticky substance which stains and is

impossible to wash out. After two days the baby passes 2-4 stools daily. After a month 1 to 3 stools daily.

A normal stool should be soft, ointment-like and in colour a mustard orange.

The usual times when he will get a stool are, as soon as he wakes up and before or after any feed. Obstinate babies are always constipated. Just before going out anywhere try to make him pass urine or stool this is a good habit to form young. Do not give toys while he is sitting on the pot.

Sleep : During the first month the baby sleeps all the time except during bathing and feeding. Babies of two months must be given 10 minutes opportunity for exercise before two or three feeds.

Bath : Until 6 months, the baby should be bathed in warm water.

Taste is highly developed from birth

Sight : a baby turns towards the light at a week, at one month he begins to take an interest in his surroundings, and begins to see better. At six weeks he smiles for the first time, before, they are only "Windy smiles".

A warning "Do not overstimulate, smiling always for friends".

First Voluntaiy Movements begin about the 4th month.

At **4 months** the head should be steady.

At **6 months** a baby should sit up while holding on, and should roll over and should be encouraged to crawl.

He tries to hold an object with effort.

At **11 months** baby should be crawling and should try to pull himself up to sta...

At **one year to 18 mon**... he walks alone.

At **one year** most babies say single words, and at 2 years, puts a few words together to make a sho... ...tence.

Teeth: Teeth begin to appear during the 6th to 9th month. From 8 teeth onwards he should start cleaning his teeth. Gargling should be taught to the child, it will help him in the treatment for sore throat, (if he should get **one**) any time.

TRAINING THE OLDER CHILD

More common sense and thought on the right lines is needed as the child gets older, to help the proper development or normal good habits of health and mind. The unadaptable adult in marriage and later life, is usually the result of slack and thoughtless early training. The regular habits, of sleep, food, constructive play and exercise must be insisted upon.

Bowels: Constipation is the cause of many physical and mental illnesses. At this age more than ever all habits should be taught, by gentle persuasion with sometimes a short explanation as to why Mummy insists on this particular good habit, always stressing that it is chiefly, for the good of the child, in the long run never that it is less bother for Mummy.

Sleep and Exercise: Regular bed times and rest times must be kept to, as if not, all children are always making excuses, it must be taken as a matter of course that while they are growing they must rest. It is wonderful how, if you tell a child if it sleeps in the afternoon it can have ten minutes later before bed time at night, when it is old enough to understand, they usually manage to sleep at once. One word of warning, **all discipline** is undermined if Nurse or Mother says she will give a treat or punishment and forgets to keep her word, children do not forget. All children need plenty of exercise in the fresh air, without getting overtired. Early morning and evening is the time in India.

Food: Regular meals, must be given and no pieces in between. Remember if a child is overtired, it is better to give a drink of milk and to sleep, rather than force a meal which he cannot digest when tired. No harm will come from one missed meal, only a healthy appetite for the next. Family meals, if Curries, are no good for a child, and form a bad habit and jaded taste. No child should have curry until at least 7 years old ; they can have the

same food without the hot massalas. When a child has 8 teeth they should be cleaned especially last thing before bed, and no food must be given afterwards. A large part of food should be hard, to ensure that the child exercises its jaws and masticates properly.

CREATIVE PLAY AND HOBBIES

Constructive work is done in later life only by those who have learnt to take an interest in all the natural world around them, when they are very young and been encouraged to use their time in creative play. A love of birds and flowers, should be encouraged. Many nervous troubles in adults are caused by ignorant people's lies to young children. Adults seould not show anger, but explain quietly why a particular thing is wrong. Always tell the truth to the young, this guards them against ignorant shocks later on; young people know instinctively and will copy what people are really like, no matter what the people may preach. If they preach truth, but tell lies, the children will grow up to do just the same.

CHILDREN'S AILMENTS

Remember that nearly all illness, should be thought of as avoidable by Mother or Nurse. Properly managed children (as described in last chapter and not coddled) contract illness far less of any kind, and when ill, recover much more quickly. Also a well trained child, will co-operate, in taking medicine and treatment as a matter of course. Do not talk about your children's complaints or troubles in front of them to others, it only makes them seem much worse. Mothers must learn to recognise first symptoms quickly, it is often when a child is tired, it will catch chills and other complaints, as it is more susceptible then.

Adenoids: A child who breathes through its mouth, often has colds or may be a little deaf or backward at school, should see a Docter. These are often children who are fed on sloppy foods ; hard food will help to keep the back of the throat, healthy, and help to avoid Adenoids and tonsils (Tonsils are spongelike germ catchers in the throat ; they should be firm and healthy).

Bed Wetting: Quick brained or nervous children are more liable to wet their beds, specially after undue excitement; or when a new baby arrives in the family, the baby seems so popular as a rule, they micturate to get attention, which was all theirs before the new baby came. A tight foreskin may cause bed wetting in a boy. If bed wetting starts again, as a habit, at two years, a child should see a Doctor, for advice.

Sore Buttocks: These are usually caused by not enough water being given to drink, or wrong feeding, such as too much sugar in diet, or napkins not washed well, these should be boiled sometimes and good soap used. A digestive upset will often cause sore buttocks. Find out the cause. Give more water to drink, reduce sugar and fat in food for a day; if no better, give a mild purgative such as milk of magnesia or even castor oil (one teaspoonful). Treat the sore buttocks with Lanoline or Hazeline or Baby Johnson's cream; or get the following made up at the Chemists.

Ointment for sore buttocks:

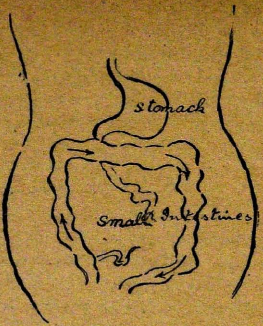
Max Zinc ointment	...	½ ounce
Castor Oil	...	,,

Constipation: More water should be given, also more fruit and vegetables, prunes may be given or prune juice for a very young child. Massage of the abdomen should be tried, for some minutes daily, this must follow the correct direction of the tubes and the "STOMACH" see Diagram.

BOWEL MASSAGE

Demonstration: Begin on the right side of STOMACH press gently with the fingers and palm moving upwards and across just below the ribs, and down the left side; using this circular movement continue the massage for 5 minutes.

DIAGRAM



Also 5 minutes exposure of the STOMACH to the morning or evening sun will often, produce regular stools when all else has failed. The cause of constipation should be found, as giving of an aperient such as milk of magnesia is only an emergency measure; correct feeding and toning of muscles is the treatment which should be done at once. If a child has high fever and is constipated it is most importment to see that its bowel is relieved. An enema should be given, of one tea spoon of salt (as used in food) dissolved in I pint of water; this should be warm to produce a stool, but not hot.

Frequent Ralaxed Yellow Stools in a baby are nearly always a sign that he is getting too much food. Give more water, less milk, or less time at the breast. It is safer to underfeed than overfeed.

Causes of Diarrhoea in a young baby :

(1) Wrong feeding.
(2) Overfeeding.
(3) Germs.
(4) A chill.

Diarrhoea means, many bad stools, at least 6 a day after the age of 4 weeks or so. The first thing to do is to give 1 tea-

spoon of Castor oil or equivalent of Castor oil emulsion and give nothing but plenty of plain boiled water for 12–24 hours. This is one of the times when mother must follow the treatment and be strong minded about it, it is the most difficult thing apparently for her not to give food to her baby ; I have seen the proud Mother of a fine baby, kill her baby, because every time the baby looked better, she again gave milk too soon for the stomach to be cured, and before the time advised. A child will relapse again and again and in a few weeks decline when there is then no hope of stopping it. In a severe case medical aid must be got. The object of the oil or emulsion is to empty the tubes, and the water to wash them down, giving nothing for germs to feed on. When food is given again it must be started with a weak mixture of milk and water, and gradually increased as the stools stop. *In India the greatest possible care must be taken to keep baby's feeding things perfectly clean and therefore free from germs*, as in hot weather germs grow very quickly. This means bottle, cup, spoon, or teat. Breast-fed babies are far less liable to have diarrhoea than orhers, if the Mother keeps her nipples perfectly clean. Whatever the cause of too many stools, the treatment must be the same unless the child is excessively under weight, when a Doctor must be sought.

Treatment : The most **serious** effect of diarrhoea is **dehydration** (or lack of fluid). Whatever the cause this must be treated at once. If the child is not vomiting, (sickness from the mouth) Give **plenty** of water and a pinch of salt in water.

An opening dose, such as grey powder, or milk of magnesia, should be given and no food or drink should be given other than water, glucose or sugar and water and fruit juice and water for atleast 24 hours ; when if the baby is better, a very slow return to normal diet can be made beginning with, strained soup, dry toast, Cream cracker biscuits, barley drinks, fruit and water drinks, jellies ; then after 3 days semolina (ravai) or ground rice cooked in milk. **All fat** and too much cream in the milk **must** be **avoided** for atleast a week.

Colds: Adults with cold should try and avoid handling baby as much as possiable. The nose should be cleaned with a twist of cotton wool, especially before a feed and at bed time, this may be dipped in a little olive oil, to stop a sore nose.

A small bottle of Camphor Oil should always be kept at hand if possible, and should baby be stuffy-nosed or cough, at once Mother should put a spot of camphor oil on the bridge of his nose, and the throat should be rubbed gently with it at bed time, also the chest if he seems wheezy. If the cough of an older child is bad, it should be shown how to inhale. Take an old tin or jug, warm with boiling water, tip out and when the child is quite ready 3 parts fill the tin, if possible put ½ a teaspoonful of Tincture of Benzoin in, and with a cloth or towel placed over the jug and covering the child's nose, let it breathe the hot steam up through the nose and mouth. Mother must hold the hot water or place the jug on a table, as it will scald the child if it upsets it; this is certain, unless mother gives her whole time to it for 10 minutes. Even done with hot water this will relieve a tight cough; or Eucalyptus oil is good. Benzoin is more healing. If a child has high fever call a Doctor.

Colic: Is due to wrong feeding; Overfeeding; Feeding too often—Food taken too fast or too slow—diarrhoea or constipation. In colic pain, a baby draws up its legs and screams and cries even when nursing.

Treatment: Give 1 teaspoon warm water with a teaspoon of gripe water, or a pinch of Bicarbonate in 2 spoons of warm water. Hold baby upto your sholder, see that he is not too hot or cold, loosen any tight binder. If he is not better a cloth wrung out in hot water and placed gently on the stomach is a great relief (Note... Not too hot).

Ear Ache: Treatment: a few drops of Glycerine or Olive oil should be put in the ear and a warm flannel or rubber hot water a bottle covered with a flannel, placed under the head while lying down. If any discharge other than wax, a doctor should be seen.

Eyes: If there is any discharge from the eyes, they should be bathed with warm water in which a pinch of Boracic has been dissolved. This must be dissolved before it is used. Use separate pieces of cotton wool for each eye, as infection from one eye will spread to the other. Better than this, get a few drops of Argyrol from the chemist and drop 2 or 3 in each eye, twice a day. The eyes usually clear up in a few hours, if they don't, in 3 days ; see a Doctor, or Health Visitor. In India every house should use these drops as they save weeks in a darkened room if eyes are neglected. Swab all eyes always from the nose outwards, with separate swabs.

Squint: All yong babies appear to squint until the bridge of their nose grows higher, and helps them to focus the eyes. If a squint continues after a year old, see a Doctor.

Masturbation: The habit of rubbing the thighs together some times appears in quite young babies, care must be taken that all food and Mother's interest are normal. The habit usually disappears, unless ignorant people encourage this. In older children it is usually caused by them not having enough interests encouraged, are not having proper affection and companionship from parents. The habit itself should be ignored us much as possible, and spoken of as not done by desent people. Parents should avoid showing that they are shocked, as it shows that some mental need is not being satisfied or the habit has been caught from some one. It is more difficult to break the habit the more 'conscious' the child becomes of it. If the parents are sensible and satisfied that a boy's foreskin is not too tight or irritated, the habit should disappear.

Rickets: caused by not sufficient Calcium or Vitamin D, in the diet of Pregnant woman and the child. Symptoms are bow legs, and the bones do not grow properly ; in later life, narrow pelvic bones will cause difficulty in child bearing. Ostocalcium should be given, and one of the oils such as Sharks, Codliver oil or Haliver oil; easier to digest are the drops, such as Ostelin, Adexolin, or Radiostrolium. Any one of these could be given. The child should be given plenty of exercise and sun-light. The Natural

sources of the cure are Milk and Sunlight and green leafy vegetables. The so called "growing pains" are often cured by Calcium.

Rupture: or Hernia, is a small opening in the abdominal wall muscle, through which a loop of the tubes, comes through, causing a lump at the groin or navel, this should be discussed with a Doctor, or Health Visitor.

Swallowinq things: If possible, find out what has been swallowed and ask a Doctor. Quite large things can be passed through the bowel, but a pin may have to be taken out by operation.

Scurf: Babies often have scurf on the top of head, treatment is not to use soap on head for a time, rub in a little olive oil; if very bad, a small tin of Cuticura Ointment, should be got - I have always found this a complete cure; dap it on at bed time, do not scrape off the scurf wait until it comes off and then wash gently. If pulled, it will cause a deeper scab, and more scurf. At 2 years most babies become free of a bad scurfy head.

Teething: In a well managed and fed baby, should cause no troubles, but they are more susceptible to little things at this time. An ivory ring is too hard to chew on sore gums, but give firm rusks, or a clean bone to suck or chew, tie this to the child on a ribbon, so that it is not dropped and then put into the mouth, as this is where germs and illness come from at teething times. Avoid dummy.

Thrush: is caused by dirt, a normal baby's mouth should not be wiped out as this causes dirt to be put in the naturally clean tender mouth. Thrush looks like white patches all round the mouth and is very sore. **Treatment:** wipe out the mouth with Glycerine and Borax, (e.g. Boracic acid...1 dram with glycerine ½ oz; boiling water 5 oz) before every meal clean the tongue, roof of mouth and inside of cheeks. Thrush is very catching to other children.

Dhobies itch: Which is probably the local name for a number of different diseases caught by unclean people with dirty,

habits. It is of no use at all to treat a baby, unless the source of infection is removed and every member of the family is treated if they have to live in the same house.

Treatment : The house should be cleaned and everything washable washed and then, all other things not washable are put in the sun for at least one day. Everybody concerned must have a bath and those with "itch", **should** rub on every **part** affected twice a day. Mitigal ointment, Mycosol Ointment or Sulphanilamide Ointment. Mitigal is best and cheapest Rs. 1/8/- a tube if not procurable, the others are good. If the above is **carried out** and those affected rub a little Mitigal on for 3 or 4 days, all should be cured. Dirt is the cause of this disease.

Scabies : is an infection of the skin, and is very "itchy", spreads easily due to dirty habits and clothes. Usually occurs in the areas in between the fingers ; the elbows, neck, waist line and groins and is caused by small bacteria, burrowing under the skin.

Treatment : Bathe baby **regularly** daily with an antiseptic soap such as Carbolic or Coal tar. Dry thoroughly and apply "Mitigal ointment Tetmosal" or Benzyl Benzoate - Clothes of infected children should be kept separate. The house in which some one with Scabies is should be **cleaned** as described above for "itch" as treatment will not be effective without removing the source, which is usually dirt in the bedding, house and clothing.

Vomiting in a young baby...

1. Too much food
2. Food taken too quickly
3. Wrongly proportioned food
4. Too much excitement after feeds

Give one feed of plain water and a dose of milk of magnesia. **Cut down fat** and mix more water to the mixture, give a cup of water with a pinch of Sodium Chloride.

Acute vomiting : Whatever the cause, nothing sh[illegible] be offered by mouth, except a small sip or t[illegible], of w[illegible] fruit juice

and water well sweetened with sugar or glucose. A teaspoonful of dry glucose can be given. Bismuth Carbonate in dram doses helps to lessen the retching and settle the stomach.

If vomitting persists, call doctor.

Worms: *There are 4 kinds of worm infection:*

Round worms
Tape worms
Thread worms
Hook worms

Thread and Round worms are very common in children.

Roundworm infection

Signs and symptoms: The child will suffer from nausea vomiting and pot belly.

Thread worms itching of the anus, picking the nose and grinding teeth while asleep. These worms are easily seen in stools and look like white threads 1 inch long. **Treatment** advise the mother to take the child to the nearest Hospital for worm treatment.

SOME BABY FOODS......RECIPES

Note: Cooking Baby's Food.

It is better to cook all soups and Sujies in a small bowl placed in a larger deksha, which is filled with water up to half the level of the smaller bowl Although it needs longer cooking, it will not need watching all the time this way, as it will not boil over.

1. **Vegetable soup:** Cut up vegetables (Carrot, Cauliflower, Tomatos, green vegetables and one potato) into small pieces. Cook for at least 1 hour in sufficient water to cover them. Now strain and give 1 or 2 table spoonfuls of the soup to baby. In a few weeks the vegetables also should be pressed through a sieve (or mashed well with all stringy pieces removed) and baby should have 2 or 3 teaspoonfuls to eat and then the soup. A little ...e may be added sometimes and cooked with the vegetables.

2. **B...e vegetable soup:** Take ½ pound of mutton or beef bones well ...k...up. Cover with water and add one tea-

spoon of vinegar. Gently boil for at least one hour. Now add some of the following vegetables (carrots, cauliflower, green vegetables and one potato). Gently boil for one more hour, strain. The soup is best cooked in a small deksha, placed in a larger one partly filled with water, it will cook steadily and not have to be watched for over boiling this way.

If this can be kept in an ice box or Refrigerator the above is sufficient for 2 days.

2 tablespoons of the strained soup is excellent for babies first meal. The remains and vegetable can be used for the family.

3. Coddled egg : Place a good egg in boiling water off the fire and let it stand for about 6 minutes (Do not boil). The white should not be set, but should be like jelly and better for baby. At first give only 2 teaspoons of the yolk only.

4. Rusks : or Baked crusts of bread. Cut some bread into fingers ¾" thick or, break the bread into pieces and bake in a slow oven for ½ to ¾ hour. If kept in a tin these last sometime. Give one every day to chew. For a change break into crumbs, soak in soup, and let baby eat them for a change, instead of only vegetable soup, sometimes. Also soaked in a little milk with sugar they are good, much better than bread.

5. Vegetable puree : Carrot (or tomato or other vegetable Puree)

Boil 1 carrot until tender and press through a wire sieve. (note the sieve must first be washed in boiling water before use)

6. Steamed fish : Placed fish in small bowl with 2 tablespoonfuls of milk (or water) and a pinch of salt.

Steam in a decksha of boiling water for 10 to 15 minutes.

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MEASURES OF MILK

¼ Madras measure	=	8 ounces
1 Ollock	=	4 ounces
1 (English) Glass tumbler	=	(about) 8 ounces
1 ,, Pint	=	[illegible]0 ounces
1 Seer	=	[illegible] ounces
1 Pound milk	=	[illegible] ounces.